

# GOOD SLEEP HYGIENE

## ESSENTIAL QUESTION

- What are ways that I can change my sleeping habits to help me get more sleep?

# REGULAR SLEEP PATTERNS

- DON'T NAP!!!!!!!
- Go to bed at the same time every night.
- Get up every morning around the same time



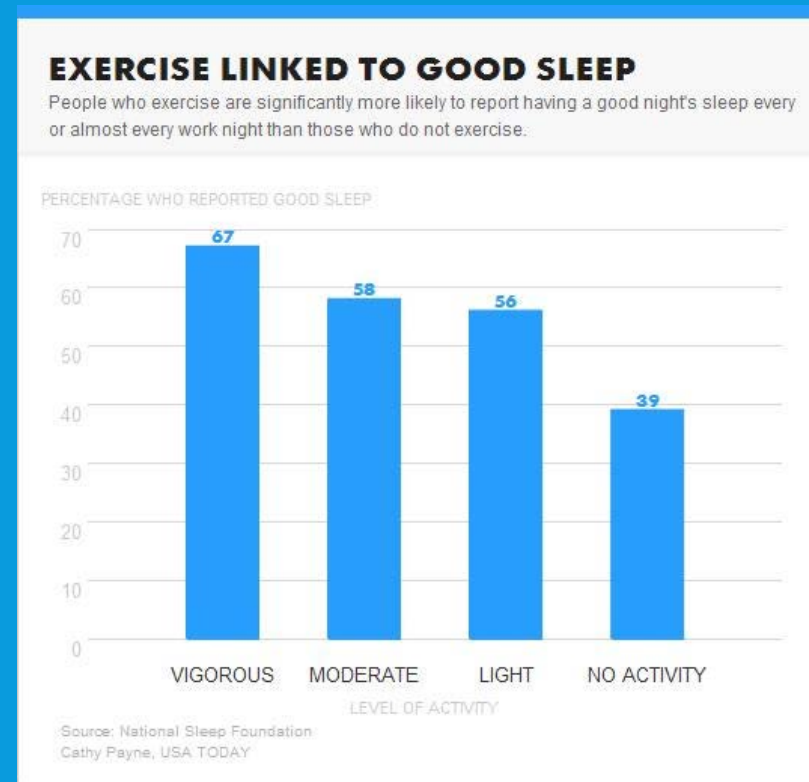
# FOOD

- Don't drink or eat caffeinated beverages or food after 3 pm.
  - That includes coffee, energy drinks, Pepsi, Coke, certain orange sodas, some teas, and chocolate
- Don't eat right before bed. Big meals can disrupt sleep patterns



# EXERCISE AND OUTDOOR ACTIVITY

- Vigorous exercise in mornings or afternoons
- Yoga in the evening
- Taking walks outside
- Getting natural light



# BEDTIME ROUTINES

- Make it the same every night
- Screens off an hour before bed
  - If you are going to ignore me, put them as dark as possible
- Do a relaxing activity, reading, drawing, yoga, listening to music (especially relaxing music)
- Don't get into bed unless you are actually going to sleep
- Try to make your room relaxing
  - Block as much light at night
  - Keep the room nice and cool
- If you can't fall asleep after 20 mins, get back up and do something relaxing and try again when you're more tired